

ABSTRACT

Compositions and methods of treating teeth with self-foaming fluoride-containing gels are disclosed. In preferred aspects, the method includes dispensing a self-foaming fluoride-containing gel from an aerosol container into the trough of a dental tray, placing the trough of the dental tray containing the self-foaming fluoride containing gel into engagement with a patient's teeth and allowing the gel to transform into a foam while the dental tray is in engagement with the teeth. The fluoride-containing gels include a water soluble fluoride component, an oil-in-water emulsifier, a micro-emulsion stabilizer, a surfactant, a micro-emulsion stabilizer and thickener and optionally a gel clarifying agent.